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NEWS WORTH SHARING.

Chaos in the downtown core

Traffic in the city became chaotic on Wednesday after signal lights were knocked out by a widespread power outage PAGE 3

Did TV save this woman's life?

Parents of an Alberta woman who spent 12 days lost in the woods believe she may owe her life to watching a TV survival show PAGE 4

SECRETS OF THE TRADE

METRO PROBES A TWISTED NETWORK OF SHADY COMPANIES AND BROKEN JOB PROMISES PAGE 5

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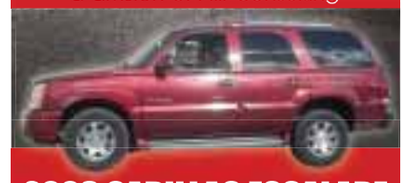

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HONOURING OUR HISTORY

Descendants of Walter Scott, Saskatchewan's first premier, stand with Premier Brad Wall, far right, by a statue unveiled on Wednesday at the legislature in honour of Scott. Next to Wall, from right, are Carol Assie, Joan Durant, Donna Miller and Donald Telfer. See story, page 3. ROSS ROMANIUK/METRO

Fall in potash prices no reason to panic, Wall says

Revenue. Mineral just one of several resources in the province: Premier

A plunge in potash revenue might force the Saskatchewan government to tighten its financial belt, though Premier Brad Wall said any such drop won't mean the sky is falling.

Wall insisted on Wednesday that despite a Russian corporation's move to possibly force down global prices for potash and decrease North American producers' shares, the province has other resources that are stronger revenue generators.

"It's very important that we remember in Saskatchewan that today, in the budget, potash revenue is five per cent of the revenues of the province. That's what it is today. So it's not even second or third or fourth in terms of revenue generation," Wall told reporters, noting that companies digging for the fertilizer mineral have said they're "into this for the long term" and are continuing expansion plans.

"If there is a drop in potash revenue, although it's manageable, it's going to mean that things are a little bit tighter. We do have oil stronger than we budgeted, so that helps. We have the dollar lower or about where we budgeted, so there's some balance there. In the first-quarter financial report, you'll see that we will adjust, potentially, the potash revenue downward. But we're going to be in a balanced budget situation because of these compensating factors."

The provincial government has counted on potash — projected to generate nearly $520 million this fiscal year — to help meet its goal of a modest surplus.

PotashCorp, Mosaic and Agrium, firms with major operations in Saskatchewan, are affected by the market movement, while BHP Billiton, Gensource and K + S Potash are planning projects.

An economist at the Royal Bank of Canada said a big price drop could reduce forecast economic growth in Saskatchewan this year by almost half.

"People in the province, I think, understand just where potash ranks in terms of revenue — that oil is much more important, income taxes are much more important. But outside the province, I think, there's this idea that we're sort of all about potash," Wall said, drawing on a Saskatchewan Roughriders analogy to make his point.

"I would rather that Darian Durant start every game for the Riders, because he's our starting quarterback and he's fantastic. But it turns out that our backup quarterback is pretty good, too."

ROSS ROMANIUK/METRO
WITH FILES FROM THE CANADIAN PRESS

Good contacts help Mexican family overcome newcomer chaos

When Mexico City technology executive Carlos Chalico decided to move to Toronto, he liked the idea of starting something new in a tranquil country. Unfortunately, his family's first days in Canada were hectic, as they dealt with typical newcomer uncertainties. Carlos quickly saw the value of making connections with good people to ease the chaos.

"We did research to learn about our new city, but there were several important players who really made the difference," says Carlos. Among them, a childhood friend of Liliana, his wife, who had lived in Canada for 15 years. "She was very supportive, helped us find a rental house, and even suggested Scotiabank."

Since they were already Scotiabank customers in Mexico, the couple took their friend's advice to sign up for the ***Scotiabank StartRight***® Program[1] while still in Mexico. They completed the paperwork at a Mexico City branch to take advantage of the free day-to-day bank account for one year[2], a wide range of credit card options[3] and a number of other customized services and benefits.

"We thought we had planned well ahead, but the days passed so quickly, and with my work permit arriving at the last minute, we didn't know how things would work out," recalls Carlos.

After a tiring first day in Canada, shuttling Liliana and their two children from a hotel to their rental unit, a blurry-eyed Carlos trekked downtown to start his new job: "I was lost on my first day, and I had to sort out our banking before flying to Vancouver for business."

Exiting the subway, he walked into the first Scotiabank he saw. "I felt at ease when I saw the Scotiabank staff helping me sort out my paperwork," notes Carlos, recalling how Taylor Johnson, the personal banking officer at the Yonge & Bloor branch, presented him with his new account and credit card.

The couple's relationship with Scotiabank grew over the coming months. Liliana met Spanish-speaking Susana Salas-Pariente, a personal banking officer at the 3295 Derry Road branch near their Mississauga home, and the family was quickly approved for a car loan[4], through coordination between the dealer and the bank. They are now thinking about home ownership with a Scotiabank mortgage[5].

Now working at a growing software consulting company, Carlos has helped his employer set up a welcome program for other immigrant new hires, and he recommends the ***Scotiabank StartRight*** package. "I want to make it easier for other newcomers, and the *StartRight* website has so much useful information about life in Canada."

A firm believer in helping others, Carlos is involved with the Latin Project Management Network, an association that supports internationally-trained professionals and includes Scotiabank as one of its key sponsors. "We discovered when we came here that you can't learn it all yourself, so get to know others who can share valuable ideas," advises Carlos. "That may be your banker who helps you build a credit history, or a new friend who explains how to connect the gas to your house."

Carlos and Liliana Chalico made the right start in Canada by building good connections, including advisors at Scotiabank.

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In custody

RCMP charge pair with conspiring to kill their spouses

A man and a woman in rural Saskatchewan are in custody, accused of conspiring to kill their respective spouses.

The suspects, both 49, were arrested after an RCMP investigation.

Curtis Vey of Wakaw and Angela Nicholson of Melfort have been charged with conspiring to commit murder.

Ron Piche, Nicholson's lawyer, says his client is not the kind of person who would plan a murder.

Piche says she's regarded in her community as a very respected person who is active in her church.

Both of the accused remain in custody, awaiting their next court appearance on Aug. 29. **THE CANADIAN PRESS /CTV SASKATOON**

Cause not determined

The home destroyed by fire. ALYSSA MCDONALD/METRO

Fire destroys inner-city house

Regina Fire and Protective Services is investigating a blaze that gutted a house on Winnipeg Street during Wednesday's wee hours.

"Our investigator is continuing to sift through the debris, so we have not found a cause yet," said deputy fire Chief Gerard Kay, adding that he hopes to know the cause by Thursday. "Once we have a good look at inside and get rid of all the debris, we can determine where the fire originated."

Firefighters arrived at the home on the street's 1800 block at about 3:45 a.m. after multiple 911 calls. The house was destroyed, while both adjacent residences sustained minor damage. One of them was evacuated by firefighters.

The house where the fire started was unoccupied at the time and no one was injured. Damage is pegged at about $250,000.

"There were extensive flames coming out of every window and door," Kay said. **ALYSSA MCDONALD/METRO**

Heavy traffic on Broad Street became slow and snarled on Wednesday after an outage struck. ALYSSA MCDONALD/METRO

Power outage snarls downtown traffic

Confusion. Officers direct at intersections only when safety a concern, police say

ROSS ROMANIUK & MARCO VIGLIOTTI
regina@metronews.ca

Regina's downtown traffic became chaotic during Wednesday's lunch hour after signal lights were knocked out by a widespread power outage.

The undetermined problem with SaskPower's underground system left some 1,070 downtown customers without electricity for about 90 minutes — while traffic at busy intersections was thrown into disarray, without city police or anyone else to direct drivers.

"It was bad. You didn't know when you should go, or if you should go," Kelly Campbell, a Regina-area resident, said of the confusion that became a free-for-all on stretches of Broad Street, 11th Avenue and Albert Street.

"It was scary," she added of the corner of Broad and Saskatchewan Drive in particular. "Cars were lined up waiting to turn. So the traffic was all backed up right up Broad Street, and past Dewdney Avenue."

Police officers were not called to control intersections despite the backups during the outage that lasted from about noon to 1:30 p.m.

Officers are dispatched to direct traffic only if they see a significant safety concern, police said.

"If everyone is driving safe, then you don't need us," said Kaeli Decelles, social-media officer with the Regina Police Service.

On Twitter during the outage, police suggested that motorists simply drive at intersections without signals as though they're four-way stops.

Police said that during the outage, which temporarily shut down several businesses, a minor crash was reported.

SaskPower said it hadn't pinpointed the cause of the failure by mid-afternoon.

The utility said on Twitter that it was "due to a problem (with) part of our underground system downtown," and added: "We're still looking … to determine exact cause."

His name was Walter Scott. Saskatchewan's first premier immortalized at legislature

A likeness of the man who built the Saskatchewan legislature has taken a permanent place on its grounds.

A statue of Walter Scott, the province's first premier, was unveiled on Wednesday at the north end of the Queen Elizabeth II Gardens before scores of onlookers and several of his descendants.

The bronze sculpture — a six-foot-two figure on a pedestal bearing his name — "perfectly captures his role as the architect of Saskatchewan," Premier Brad Wall told the crowd, adding that Scott hadn't previously been given the recognition he deserved for his vision and leadership more than a century ago.

Choosing Regina as the capital city, Scott led the establishment of the University of Saskatchewan, set up telephone service for the province's rural families and pushed for the creation of the Saskatchewan Co-operative (Grain) Elevator Company — all while battling ailments that ultimately kept him from the legislative building's opening in 1912.

"Today, we honour the fact — we give thanks for the fact — that someone just like that came along, just when we needed him most," Wall said. "Today, we are becoming what he called the great country — populated by what he called people with large ideas that he thought were necessary to create a lasting prosperity."

Scott died in 1938.

Joan Durant, whose mother was a second cousin to Scott, was excited about the tribute.

"We're very pleased that the government has chosen to honour his accomplishments," Durant said. "Our parents would be very pleased to know this has been done." **ROSS ROMANIUK/METRO**

Sandy Hook remains under emotional cloud

Connecticut Gov. Dannel P. Malloy purchases a bell from a toy store in Sandy Hook in Newtown, Conn., Wednesday. Seven months after 20 children and six educators were fatally shot in a Newtown elementary school, some local business owners said Wednesday that a financial downturn and an emotional pall over the town persists. JESSICA HILL/THE ASSOCIATED PRESS

TV survival tips may have helped save woman

Lost in woods 12 days. Stepdad says watching Man vs. Wild gave daughter the skills to stay alive after alleged sex assault in Alberta

JEREMY NOLAIS
Metro in Calgary

Parents of an Alberta woman who was allegedly attacked and spent 12 days lost in the woods believe she may owe her life to watching TV survival shows.

According to RCMP, the 25-year-old O'Chiese First Nation resident was assaulted by a man after the truck they were travelling in became stuck on a road on July 14. She managed to escape into the bush, but became disoriented.

Metro is withholding the woman's name because she is the victim of an alleged sexual assault. Even now, she remains under heavy sedation in hospital, but RCMP and family alike have begun piecing together how she was able to survive.

It's believed she stayed alive by eating berries and stayed close to a running river, even hopping in periodically to ride the current and gain ground faster than she could walking, according to her stepfather

"She even knew how to properly dry her clothes," he said Wednesday. "She went through a great ordeal. I do a lot of hunting, so I know some of what it takes, but she went missing for 12 days in the woods cold turkey and with a broken jaw at that."

Family members and investigators have only been able to communicate with the woman periodically as she remains heavily sedated, but her stepfather said she's shed some light on where her survival knowledge came from.

"She said she always watched that survival show Man vs. Wild," he said, referencing a Discovery Channel show starring survivalist Bear Grylls. "She learned a lot of it from that show. She's only 25 years old — it's pretty amazing."

RCMP first reported the woman missing July 18. The woman's mother said she spent days at home waiting anxiously by the phone.

Toronto

Parents of teen killed by police too distraught to eat, friend says

The parents of an 18-year-old man who died after being shot by Toronto police are devastated and barely able to eat as they prepare for their son's funeral, a close family friend said Wednesday.

"His mother hasn't eaten in days," said Joseph Nazar, adding that friends have been trying to feed her spoonfuls of soup.

Nazar said Sammy Yatim's father has also been too grief-stricken to eat.

"I've told him ... he needs to be able to stand at the funeral," Nazar said.

Ontario's police watchdog said Yatim died Saturday morning after receiving multiple gunshot wounds during an "interaction" with police.

The incident, which was captured on surveillance and cellphone video, has sparked public outrage over police use of force.

THE CANADIAN PRESS

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The top floors of 151 Yonge St. in Toronto. You Find Work has an office on the 11th floor. JESSICA SMITH/METRO IN TORONTO

Your dream job awaits — that'll be $6,000

Clients in uproar

Some clients of a string of related Toronto career-counselling companies have gone to small-claims court and vented online about the same alleged scam:

- The companies target vulnerable, out-of-work people
- They offer exclusive leads to great jobs
- They charge thousands
- Once the money is paid, they fail to deliver

Metro undercover.
Our reporter probes a twisted network of shady companies to see if there's any truth to the 'hidden job market'

JESSICA SMITH
Metro in Toronto

I'm in a tiny office in a swank tower in Toronto's financial core with Dale Smith, who runs a career-counselling business. I've been told he makes promises he doesn't keep and charges a high price for access to job postings anyone can find on Google.

He sets down a contract.

"My favourite, in the whole page, is the client-satisfaction guarantee," says Smith, circling the word "guarantee."

"It's only in the last 10 years ... that we feel so bold that we can guarantee you're going to end up with a position."

The contract is with 2375880 Ontario Limited, under the name "You Find Work" — a company that has only existed for a few months. But Smith has run similar businesses under other names, including Toronto Pathways, Job Search Success and Job Success for nearly 10 years. Before that, he did career counselling for a Canadian franchise of U.S. business Bernard Haldane Associates.

I came to his office posing as a job seeker after being tipped off by a reader.

The complaint was similar to others launched in small-claims court, posted to online consumer complaint forums and told to Metro by former clients: They promise access to a "hidden job market," an exclusive job database and contacts at big companies — for a big price tag.

Job seeker fights back— 650784 Business Corp.

At small-claims court, I found 10 lawsuits against You Find Work, Dale Smith and other companies he's worked with.

"I don't want you to use my name," said the first plaintiff I called. "You can just refer to me as the victim."

He has an MBA, a PhD and now works on economic policy in the federal government. He says he earned that job on his own.

In 2004, he was relatively new to Canada. He saw a newspaper ad for Bernard Haldane Associates and met with Smith, the general manager of BH Careers International — the legal name for Toronto franchises.

After charging $6,000, the company brought him in several times to discuss his resumé but never delivered job leads beyond what is easily found online, he claims.

The man requested his money back. His contract allowed him to get a refund for any portions of the program he had not yet completed.

The company refused. At the time, Bernard Haldane Associates was being sued by the State of Illinois for allegedly misleading consumers and had just shut down its Canadian operations.

At that time, Smith set up his own company — RD Group International — in the same location with the same staff and clients.

The man sued both companies and won, but they appealed. He didn't have the money to hire a lawyer and lost. The judge decided he hadn't proven that RD Group International was legally required to honour his contract with BH Careers.

He estimates the ordeal cost him $10,000.

New company, new complaints — 2057161 Ontario Ltd.

Havva Seydali and her husband, Serdar Feyzioglu, are taking Smith's company 2057161 Ontario Limited — formerly Toronto Pathways — to court.

"My husband was trying to find work and they contacted him first. I don't know where they got his resumé from. It was probably Monster.ca or Workopolis," Seydali said. "They gave him the impression that they were a recruiter and he had a job interview."

Next, they asked him to bring in his wife.

"They went through this ... explanation of there are two jobs and he's the perfect candidate … and then it ended up being a service where you pay a fee and they'd guarantee 99.9 per cent you have the job," she said.

Their situation was "desperate." She'd been laid off, and her husband had recently finished a degree in industrial engineering.

"We ended up paying close to $5,000 to secure this opportunity," she said. "Instead they started sending him coaching materials on how to find a job."

A year later, the jobs never materialized and Feyzioglu is still looking for work, she said.

Their accusations haven't been proven in court.

2057161 Ontario Ltd., a.k.a. Toronto Pathways, appears to be shut down now, but Murray James Nahnybida, a former career counsellor at Pathways, registered a new company — 2375880 Ontario Ltd. — in July to do business as You Find Work, with Dale Smith as general manager.

Our experience at You Find Work—2375880 Ontario Ltd.

It's not illegal to accept money to help write resumés and prepare for interviews. It is illegal to make promises that can't be delivered.

The complaints I've heard follow the same basic pattern. I recognize that pattern while posing as a potential client.

The first meeting is about me. Smith claims they'll work with only one in 10 who want their help — forcing job seekers to prove themselves.

According to the resumé I submitted, I haven't worked since 2011, when I left a $14-an-hour job as an administrative assistant. I have an undergraduate degree in creative writing and no other work experience. But I was accepted.

Over two long interviews, he finds ways to flatter me. I dress well, carry myself well and it was my persistence in calling back twice that impressed him. It goes on and on.

At the end of the meeting he mentions there's a cost. He skirts the question.

"Really, the investment has to make sense.... You have to see the return coming back."

He asks me to bring in my fiancé. I bring along web editor Andrew Fifield to pose as "Rob."

Smith offers to leverage the company's "hidden job market" — his helpful network of satisfied clients who've gone on to work in high places.

Smith guarantees a job but not a time frame, saying only that 70 to 80 per cent of his clients get a job within a couple weeks to a few months.

I'd said I'd like to make $25 an hour — $52,000 a year.

Smith isn't fazed and says, "The right employer might pay you more than that, once they see how productive (you are)."

He says we'll aim for a job that pays $60,000 "and settle for $55,000."

The fee he's going to charge me is based on that projection. If I pay up front, the cost is $3,756 plus HST. If I can't, it's $4,695 in installments.

The reveal

After revealing we're reporters, Smith is adamant he's done nothing wrong — the company changed names so many times as "brand marketing."

I ask Smith to prove he has good contacts, to put me in touch with any HR department that could confirm their relationship.

"I can't really disclose that without getting their permission first," he says. "We have lots of contacts. How could we be in business and not have contacts?"

Smith blames the complaints and lawsuits on the "one to three per cent" of his 400 to 500 clients a year who are dissatisfied. Some people just won't try, he says.

"We have dozens and dozens of satisfied clients."

I tell him to send some of his satisfied clients my contact information and encourage them to contact me.

A week later, he has not produced one client or company that's willing to vouch for him.

Dale Smith in a video posted online, defending the reputation of his last career-counselling business, Toronto Pathways. YOUTUBE

Think you got scammed?

The government can help:

- The Ontario Ministry of Consumer Services placed Toronto Pathways on its "consumer beware" list
- Service Alberta ordered a Bernard Haldane franchise to stop deceptive practices
- Canada's Competition Bureau has issued fines, including to one service in B.C. for falsely promising to use its network to arrange job interviews

Travellers wait to have their boarding passes checked at the American Airlines terminal at Los Angeles International Airport in this file photo. Turns out, getting passengers onto and off planes is so complicated that airlines must continually evaluate how they do it. GETTY IMAGES FILE

Airlines try to perfect the tricky art of boarding

Terminal headache. You may think it's easy to get people onto a plane, but the process is so troublesome it has to be constantly tweaked

Getting people on and off an airplane quickly is so complicated that even an astrophysicist couldn't figure it out.

The astrophysicist, Jason Steffen of the University of Illinois, normally contemplates things such as axion-like particles. But after waiting in one boarding line too many, he turned to the mysteries of airline seating. "I thought there had to be a better way," he says.

So, after a series of calculations, he deduced that the best system would be a combination of filling window seats first, then middle and aisle ones, while also spacing the boarding passengers two rows apart.

There was just one problem — passengers would have to board in precise order. Good luck with that. These are the same passengers who don't turn off their phones even after they're told it's a federal law. "Well," Steffen observes, "I understand why airline people aren't calling me."

But the search for the perfect boarding process goes on.

Most airlines allow first-class and other elite customers to board first. After that, some fill the rear rows first and work toward the front.

Others fill window seats and work in toward the aisle. Some used to employ a hybrid called the reverse-pyramid. Southwest Airlines has random seating: There are no assigned seats — passengers sort things out themselves. They can pay extra to be near the front of the boarding line.

In recent weeks, United and American have rolled out new strategies for faster boarding. American is letting passengers board sooner if they don't put anything in the overhead bins. The idea is to get more people seated quickly before passengers with rolling bags clog the aisle.

United reduced the number of boarding groups from seven to five while adding lanes in gate areas. THE ASSOCIATED PRESS

Time is (a lot of) money

- All of this matters more than you might think. Passengers want to board early to find space in the overhead bins for their rolling carry-on bags. For airlines, every minute that a plane sits at the gate makes it more likely that the flight will be late, hurting the carrier's on-time rating and causing passengers to miss connecting flights.
- There's an economic cost to running late, too. Researchers from Northern Illinois University say that at one major airline, which they didn't identify, every extra minute at the gate added $30 US in costs.

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Google partnership

Starbucks to upgrade Wi-Fi at U.S. stores

Starbucks says it's reached a deal to partner with Google that will allow it to offer customers dramatically faster Wi-Fi service. Starting in August, new U.S. company-operated stores will begin to receive up to 10 times faster network and Wi-Fi speeds. Over the next 18 months, Starbucks will convert more than 7,000 U.S. stores to the upgraded service. THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.35¢ (+0.28¢)

TSX 12,486.64 (-95.11)

OIL $105.03 US (+$1.95)

GOLD $1,313 US (-$11.80)

Natural gas: $3.44 US (+1¢)
Dow Jones: 15,499.54 (-21.05)

Publishing. U.K. law firm apologizes for revealing J.K. Rowling's pseudonym

Author J.K. Rowling accepted an apology and a charitable donation Wednesday from a law firm that revealed she wrote a crime novel under a pseudonym.

The Harry Potter author was exposed by a newspaper on July 14 as the author of The Cuckoo's Calling, a thriller ostensibly written by former soldier and first-time novelist Robert Galbraith.

The book was published in April to good reviews but modest sales, and there was speculation that Rowling or her publisher had leaked the news to raise the book's profile.

But the law firm Russells, which has done work for Rowling, acknowledged that one of its partners had let the information slip to his wife's best friend, who tweeted it to a Sunday Times columnist.

The Cuckoo's Calling
THE ASSOCIATED PRESS

Rowling sued the lawyer and the friend. Her attorney, Jenny Afia, told Britain's High Court on Wednesday that Rowling had been left "angry and distressed that her confidences had been betrayed."

"As a reflection of their regret for breach of the claimant's confidence, including frustrating the claimant's ability to continue to write anonymously under the name Robert Galbraith, the defendants are here today to apologize publicly to the claimant," Afia said.
THE ASSOCIATED PRESS

Quoted

"(Rowling was) angry and distressed that her confidences had been betrayed."
Jenny Afia, J.K. Rowling's attorney, to Britain's High Court on Wednesday

Social media. Facebook stock passes its IPO price — at last

Facebook has found redemption in the form of a soaring stock price. On Wednesday, the share price of the world's most populous social network briefly crept past $38 US for the first time since its rocky public debut last May. In doing so, Facebook cleared a symbolic hurdle that has eluded the company for more than a year.

Facebook's ill-fated first trading day on May 18, 2012, was marred by technological glitches on the Nasdaq stock market. The stock closed with a disappointing 23-cent gain. And its performance didn't improve, hitting a low of $17.55 last September.

"I think Facebook in general and Zuckerberg in particular felt that they let everybody down," said Wedbush analyst Michael Pachter of Facebook Inc.'s 29-year-old founder and CEO, Mark Zuckerberg. "And by everybody I mean all their employees who had stock, all their early private investors who had stock."

On Wednesday, the stock traded as high as $38.31 before closing at $36.80, a price that places the company's value at around $89 billion US. Investors are especially upbeat about Facebook's fast-growing mobile advertising revenue.
THE ASSOCIATED PRESS

In this May 18, 2012, photo, Facebook CEO Mark Zuckerberg, centre, rings the Nasdaq opening bell from Facebook headquarters in Menlo Park, Calif.
NASDAQ VIA FACEBOOK/THE ASSOCIATED PRESS FILE

SALIVATING OVER BIEBS' CAREER

HE SAYS

John Mazerolle
metronews.ca

The 24-hour media cycle sometimes means that deserving musicians go unheralded because entertainment reporters are chasing the latest star from concert to concert or quote to quote.

Sometimes a pop icon's daily mini-scandals keep us from noting the larger trends in music.

Sometimes we forget about the talent, hard work and dedication required to be an up-and-coming entertainer, because we'd prefer to write a Justin Bieber story that is guaranteed to get a lot of views for no other reason than the word "Bieber."

As a completely random example, take this column you're reading right now: Bieber, Bieber, Bieber!

Here's a look at Justin Bieber's career highlights:

1994: Born as pop royalty, Bieber's hotly anticipated birth is met with screaming women clamouring outside his hospital window hoping to be spat upon by the infantile crooner.

1998: Shows affinity for music as early as four when he spends hours mastering electronic keyboard's "drum machine" button.

2007: Discovered on YouTube, where his critical analysis of Zimbabwe's metamorphosis from "Africa's breadbasket to a hyper-inflated basket case" catches the eye of several organizers with TED Talks.

November 2009: Releases first album and becomes a millionaire within days; cries self to sleep because of scathing review in ChartAttack.

March 2010: Quietly releases second album. Excitedly runs to mother when hometown Stratford Beacon Herald places his photo on arts front, which is cut out and given place of pride on kitchen fridge.

April 2010: Changes signature haircut in spontaneous decision approved by 37 agents, publicists, stylists and handlers.

June 2010: Concert for 90,000 people at Wembley not going well until dad suddenly appears to sit in empty seat Bieber had been staring at longingly.

August 2010: Creates 10 fake Twitter accounts in pathetic bid to push himself over 23 million followers.

January 2011: Earns nickname "Biebs" because of his love of BBC.

March 2011: Makes utter fool of himself on 17th birthday by acting like a 17-year-old.

December 2011: Bieber's sweet natural delivery and boyish charm are made more marketable for later albums by pop-music computer Asshat 5000.

April 2012: Bieber sings duet on stage with Taylor Swift, becoming inspiration for three full discs of Swift break-up songs.

October 2012: Causes a stir when he meets Prime Minister Stephen Harper for a photo-op wearing only Selena Gomez.

November 2012: Playing half-time at Grey Cup, totally misreads local crowd and gets booed lustily when he suggests to Torontonians that the CFL is awesome.

June 2013: Disappointed when Twitter moniker Robert_Galbraith, meant to show quality of tweets, not name recognition, attracts only 12 followers.

July 2013: Beset by criticisms for off-stage antics, Biebs reminds critics of his talent at Toronto concert with 27-minute harp solo.

ZOOM

You'll get really high in this hotel room

BRENNAN LINSLEY/THE ASSOCIATED PRESS

Inflatable hotel costs $50K a night

A hotel room made of aluminum and inflated vinyl is held aloft by a van-mounted scissor lift, on promotional display in a parking lot in downtown Denver.

Architectural artist Alex Schweder created the five-by-seven-foot room atop a van for the Biennial of the Americas in Denver. For $50,000 US, a guest would get one weekend night in the puffy space, plus lots of extras including a diamond pendant and earring set, two iPod Nanos and a dance party for 100 people in a ballroom of the Curtis Hotel.

THE ASSOCIATED PRESS

Castle in the sky

- It has a chemical toilet, shower, sink, inflatable bed and couch, and curtains. It is being driven to parking lots until Aug. 23.
- There is a weight limit, and no smoking allowed.

Squeezing in the lap of luxury

After Schweder learned developers want to turn several Denver parking lots into hotels, he created "the hotel rehearsal." One early draft involved suspending the room from a crane.

THE ASSOCIATED PRESS

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Next Sunday is the long-awaited return of a certain era-defining television series based around the manufacture of a drug that's almost as addictive as the show. Obsess over the dropped-jaw moments the final season of Breaking Bad promises us by joining in on the discourse at these TV-recap sites.

TORSTAR NEWS SERVICE/HANDOUT

Vulture

Matt Zoller Seitz is already back on the Walter White train by revisiting the first five seasons, armed with the knowledge of everything each character has been through. It's interesting stuff, and an excellent primer for when he starts probing the corners of the remaining eight episodes as they air. (vulture.com)

Grantland

Bill Simmons' haven of pop culture and sports is blessed with Andy Greenwald, one of the sharpest and funniest TV critics around. While you're still grappling with the latest dark and depressing deed from Walt, Greenwald is already well on his way to astutely ascribing motivation and potential fallout. (grantland.com)

The AV Club

The Onion's sister site is home to many great writers, but the unsung hero of it all is the feisty comment community at the bottom of each article page. (avclub.com)

Comments

RE: Water's Rising. Where's The Ark? Published July 31

It happens that I have been a research scientist in the communications domain for almost 30 years.

First of all, back when I was a young postgraduate, if I came up with a wrong result I could expect to find myself sitting in the director's office. The director would look across his table, as he did with many a researcher, and say: "Son, you got some 'splainin' to do!" Only once you'd explained what went wrong and how you were going to fix it to the satisfaction of the director, did you get to work on a new project.

In the climate-study domain there have been, over the last 20 or 30 years, a lot of wrong predictions: Those climate scientists have definitely "got some 'splainin' to do."

Secondly, to another scientist the latest prediction by Strauss actually has no more meaning than a mythical number. A scientist wants to know a few other details before a number has meaning. These other details include the confidence level of the number.

Chris Kurowski, Ottawa

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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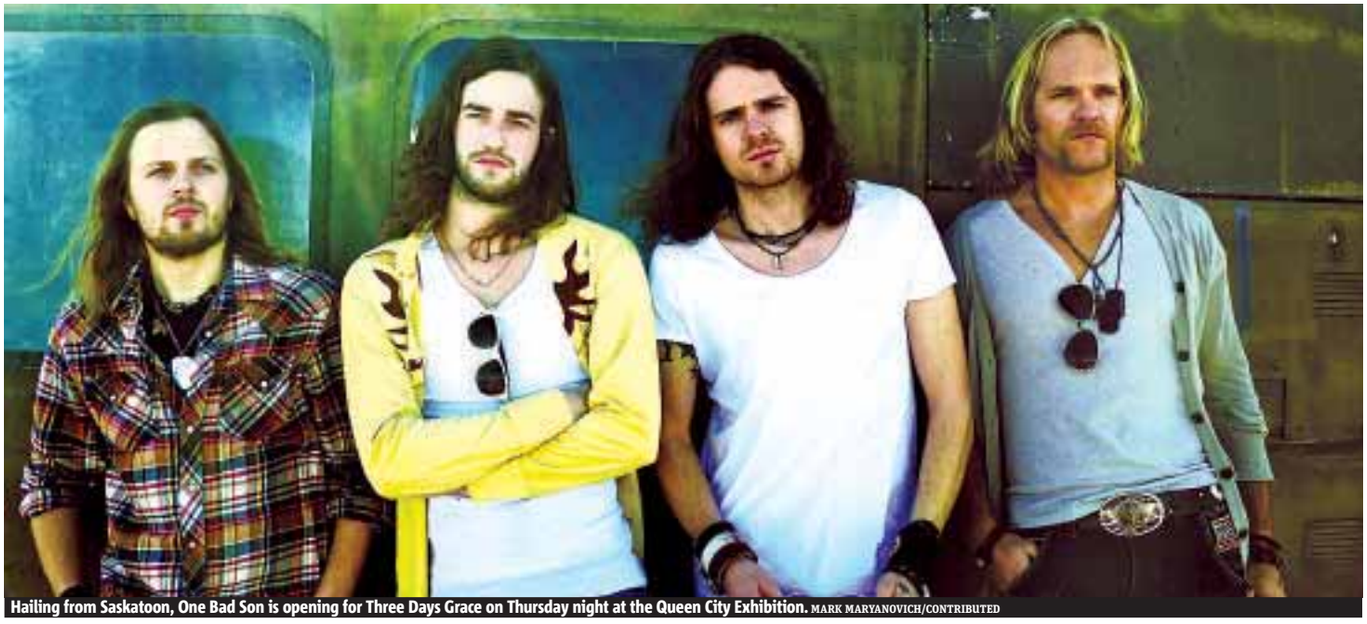

Hailing from Saskatoon, One Bad Son is opening for Three Days Grace on Thursday night at the Queen City Exhibition. MARK MARYANOVICH/CONTRIBUTED

The Bad Son returns home

Rock music. Saskatoon's One Bad Son playing to Prairie roots as they continue to find success across Canada with their latest album

BACKSTAGE PASS
Alyssa McDonald
alyssa.mcdonald@metronews.ca

One Bad Son may have migrated its hard rock sound to the West Coast, but the four-piece band from Saskatoon still finds inspiration in the Prairies.

They shot their first label-backed video on snow-covered prairie fields for their song Scarecrows, which has since reached No. 5 on the Canadian Active Rock chart. And they're back for their third show of the year in Regina on Thursday night.

"We will always be a Sask. band, and coming back to the Prairies is always a great feeling," said drummer Kurt Dahl. "It's what made us who we are."

Dahl — joined by lead singer Shane Volk, Adam Hicks on guitar and Adam Grant on bass — will open for Three Days Grace on Thursday night at the Queen City Exhibition.

"Those opening spots, those are the shows you just love because it will be a ton of people who don't know us," Dahl said from Vancouver on Tuesday.

"The common reaction is, 'Holy shit, I didn't know there's still rock bands like this out there,' and that is just like the greatest compliment."

Coming home

"We will always be a Sask. band, and coming back to the Prairies is always a great feeling. It's what made us who we are."

Kurt Dahl
Drummer for One Bad Son

The band says its sound stems from authentic rock 'n' roll, particularly the likes of Led Zeppelin, The Who and Guns N' Roses.

Two songs on their self-titled third album — released in Sept. 2012 and produced by Default's Danny Craig — have been picked up by Canadian radio stations, including Regina's The Wolf, and still get continuous on-air play.

"We have had some radio success, but Scarecrows is the first time it blew it wide open and it went top-five across the country," said Dahl.

The four members of One Bad Son picked moved from Saskatoon to Vancouver three years ago in hopes of finding a larger audience and advancing their careers.

"We had grown as much as we could in Saskatoon and we knew there was a record label out here that wanted to sign us," Dahl explained.

"It (was) really one of those moments in your life that really determine your boldness."

They have since toured the country, playing with acts such as Buckcherry, Monster Truck and Theory of a Deadman.

The first taste of the big stage for the band was in Regina in 2007, when it won the opening slot for the Godsmack concert through a contest.

"That was our first taste of playing in front of a massive crowd, and once that bug bites you — you are never the same," Dahl said.

"We just want to have that size of crowd for every show. We're not quite there yet, but we are getting close to it ... fingers crossed."

After playing the Ex, the band will head to Saskatoon to play Buds on Broadway and finish the Prairie portion of their tour playing the main stage at the Rockin' The Fields festival in Minnedosa, Man.

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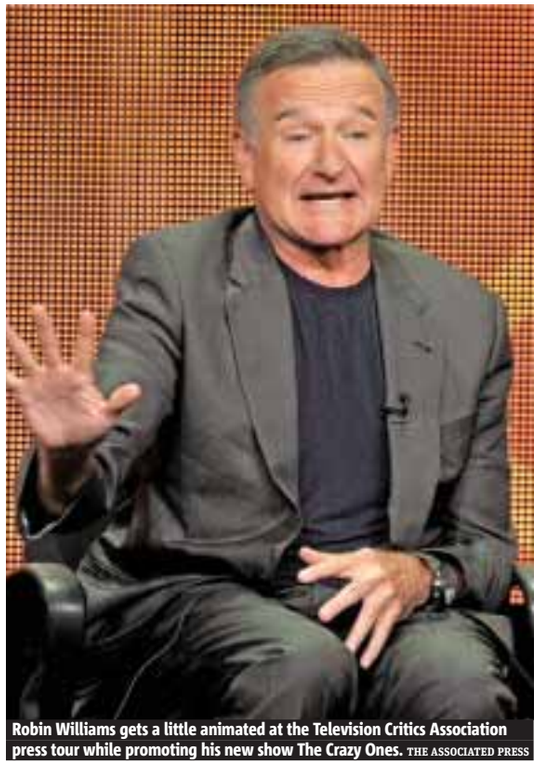
Williams is one of The Crazy Ones

Move over Mork.
Robin Williams is an advertising genius dealing with plenty of personal woes in his latest television role


Robin Williams gets a little animated at the Television Critics Association press tour while promoting his new show The Crazy Ones. THE ASSOCIATED PRESS

Want to make Robin Williams laugh? Call him a sad clown.

That's what one critic did Monday on CBS's Television Critics Association press tour presentation for The Crazy Ones. The fall comedy stars Williams as the head of an ad agency with Buffy the Vampire Slayer star Sarah Michelle Gellar playing his daughter and business partner. James Wolk (Mad Men) is also part of the ensemble.

Responding to a comment from a critic that there are sweet, poignant moments on the show — setting up the "sad clown" remark — Williams did a whole wacky bit on being a sad clown, jumping out of his seat, causing his lapel mike to become untethered. He wondered what it would be like waking up next to a sad clown: "Oh, my God, what are those big feet doing in my bed?!"

It was the kind of funny business reporters and fans have come to expect from Williams. There are flashes of the same free spirited antics in the pilot, although David E. Kelley — an unlikely showrunner — says Williams can stick to a script, too.

"He says my words perfectly — then he uses his," says Kelley.

The former Ally McBeal and Boston Legal showrunner says writing for an old pro like Williams was intimidating: "I feel like I've been handed the keys to a car that I am ill-equipped to drive."

Kelley says an actual ad executive approached him with the idea for the show several years ago. He says it's basically about "this iconic, crazy advertising genius and his relationship with his daughter."

The pilot episode shows Williams' and Gellar's father-daughter characters trying to pitch a new ad for McDonald's. The fast food giant gets plenty of plugs throughout the half hour, but the producers insist there was no payment for embedding the Mc-references.

"But if you look under your chair there's a Happy Meal," cracked Williams.

The 62-year-old funnyman rose to fame in 1978 after being cast as a comedic alien in the ABC series Mork & Mindy. He praised his co-star from those days, Pam Dawber, for her ability to play straight woman to his insanity.

"Pam held the line for me. She was incredible, which allowed me to be as outrageous as I was."

After the formal press conference, Williams was asked about how TV and comedy has changed since those Mork & Mindy days. That show "started out real playful, then eventually, it just burned out," he said. This new show "can't just be about riffing."

The culture seems to have sped up, too, matching, in some ways, Williams' frenetic style. Even he has trouble spitting out all those rat-tat-tat references before they become stale. Williams told an Anthony Weiner joke during the session, for example, and then wondered aloud whether Weiner jokes were already last week's news.

He came up with a variation of Andy Warhol's old line "In the future everybody will be famous for 15 minutes," changing it to, "in the future, everybody will have their own TV network."

THE CANADIAN PRESS

Art imitates life

Robin Williams says he shares a lot of back story with his character in The Crazy Ones, "like rehab, divorce, and all that stuff." He expects the character of his ex-wife will be introduced in later episodes. "He's had an interesting life, to say the least, you know, just like myself. I went to rehab in wine country just to keep my options open." Asked what made him happy these days, Williams turned serious, citing his family, work and being around creative people. "And riding my bike is one of my happiest moments." He married his third wife, graphic designer Susan Schneider, in 2011 and has three grown children.

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1. THE WHITE PRINCESS Philippa Gregory
Caught between loyalties, the mother of the Tudors must choose between the red rose and the white. Philippa Gregory presents the latest Cousins' War novel, the remarkable story of Elizabeth of York, daughter of the White Queen.
Last Week: 1 / Weeks on List: 1

2. THE CASUAL VACANCY J.K. Rowling
A big novel about a small town. Pagford is, seemingly, an English idyll, with a cobbled market square and an ancient abbey, but what lies behind the pretty façade is a town at war. The Casual Vacancy, now in paperback, is J.K. Rowling's first novel for adults.
Last Week: 2 / Weeks on List: 1

This Week		Last Week	Weeks on List
★ 3.	WAGING HEAVY PEACE Neil Young	-	-
4.	THE SECRET KEEPER Kate Morton	4	3
5.	THE ENGLISH GIRL Daniel Silva	5	3
6.	FIRST SIGHT Danielle Steel	6	3
7.	INFERNO Dan Brown	7	10
★ 8.	CRAZY RICH ASIANS Kevin Kwan	-	-
9.	BEAUTIFUL DAY Elin Hilderbrand	9	6
10.	THE OCEAN AT THE END OF THE LANE Neil Gaiman	10	7
11.	THE EYE OF GOD James Rollins	3	6
12.	SILVER STAR Jeannette Walls	12	8
13.	THE KILL ROOM Jeffery Deaver	13	9
14.	REVENGE WEARS PRADA Lauren Weisberger	14	9
15.	THE FIRE WITNESS Lars Kepler	8	8
16.	WILD Cheryl Strayed	16	18
17.	LET'S EXPLORE DIABETES WITH OWLS David Sedaris	17	15
18.	THE SECRET RACE Tyler Hamilton	11	7
19.	I WEAR THE BLACK HAT Chuck Klosterman	19	1
20.	SECOND HONEYMOON James Patterson	20	5

Combined Fiction and Non-Fiction Bestsellers for the week, ending August 5th
★ New this week

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Paul Westley and Torrey DeVitto ALL IMAGES GETTY

Actor and actress pair Westley and DeVitto announce amicable split

Vampire Diaries star Paul Westley and his wife and co-star, Torrey DeVitto, are divorcing after two years of marriage, according to E! News. "Paul Westley and Torrey DeVitto have decided to amicably split. They will continue to remain good friends," the actor's rep insists. It could be that DeVitto's concerns about the pair finally sharing a scene together on their TV series were well-founded. "We had both done 11 episodes of the show and hadn't worked together on it yet," she told Zap2It earlier this year about finally acting together. "Maybe that's a blessing in disguise. Maybe working together every day and then going home together would be a little too much."

Simon Cowell

Awkward future arrival? Cowell has reportedly knocked up friend's wife

Simon Cowell is reportedly going to be a dad — but the mother-to-be already has a husband. New York socialite Lauren Silverman is reportedly expecting a child with Cowell, though she's still married to Cowell's close friend Andrew Silverman, according to Us Weekly. "Lauren and Andrew have been unhappy in their marriage for some time, and their divorce has been in the works for a while," a source says. "As their marriage deteriorated, she and Simon became close." The source adds that Lauren is "around 10 weeks along." Cowell's reps were unavailable for comment.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Fergie solidifies her gay icon status with 'gayby' shower

THE WORD
Dorothy Robinson
scene@metronews.ca

When I first heard that Fergie and Josh Duhamel threw a "gayby" themed baby shower for their son, due in September, I was a bit perplexed: How did they know their fetus liked boys?

But I was mistaken, as usual. Their "gayby" baby shower, which was attended by the likes of Perez Hilton, Kelly Osbourne, Adam Lambert, Molly Sims, Gabriel Aubry, Julianne Hough, RuPaul and Lance Bass, was named as such to flaunt Fergie's gay-icon status (which makes me wonder what would have happened if Judy Garland were around to have a baby).

Sunday's fete, held at the SLS Hotel in Los Angeles, featured burlesque dancers in drag, a black, white and blue theme, and shirtless bartenders serving Fergie's Ferguson Crest wine. If his baby shower was this much fun, what in the world is he going to do for his 21st?

Sarah Michelle Gellar

Old Buffy is better than no Buffy, right?

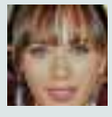
Sarah Michelle Gellar doesn't think Buffy the Vampire Slayer fans should get their hopes up for a new movie version anytime soon — even if they wanted to raise millions of dollars for it like fans of Veronica Mars did. "Joss (Whedon) and I always talk about it, but the thing with Buffy is that Buffy was a movie, and it ultimately didn't work as a film," Gellar tells E! News. But she's not ruling the idea out all together. "If there was ever the right story, we would do it," she says. "At this point, the stake would be my walker and I would (come) hobbling in."

James Blunt

Blunt's mass music mail a 'mistake', pull the other one!

James Blunt wishes he could unsend an email that accidentally went out to millions of recipients and included his new single, Bonfire Heart. Blunt took to Twitter to voice his embarrassment, writing, "Oops. Just emailed the whole of the U.K. by mistake." His record label also says the message was a "clerical error," but many are skeptical, suggesting it's just a publicity ploy.

Twitter



@iamrashidajones
I wish you could Shazam someone's face

@johncusack
Well personally I can say to my gov that jails the whistleblowers and let's the criminals free "go straight to hell boys" this ain't over

@mindykaling
"Kiss me on the lips or you're fired!" is something you shouldn't say to your crew, I learned today

Feeling insane in the mane?

"Stay away from excessive colour, heat and anything that can damage the hair cuticle," says Dr. Bauman. ISTOCK

Tress distress. We get to the very root of the frizz problem to learn how to tame it

COURTNEY FOWLER
Metro World News

We love our hair, but when the humidity hits each summer the same question runs through our mind: Should we just cut it all off?

Here to help walk us off the edge is Dr. Alan J. Bauman, a board-certified hair science consultant and member of the prestigious Pantene Institute.

He told us what we can do to finally have some good hair days this summer.

But first, what causes frizz?

Natural texture

"The texture of hair is essential to establishing its tendency to frizz. Often hair that is curly or wavy will likely become frizzy."

Environment

"Humidity, heat and changes in the air quality cause friction in the hair.

"Hair is made up of long keratin proteins that form two types of compound bonds. One is a hydrogen bond.

"These bonds break and reform every time your hair gets wet and it dries. Because there is so much water in humid air, those bonds are broken and reformed faster, resulting in frizz."

Hair quality

"The bottom line is hair that isn't healthy will be prone to frizz. Hair that has already had some type of disruption or chemical damage, such as with colour or excessive heat, is overwhelmingly more prone to frizz because it's in an unhealthy state."

Dr. Alan J. Bauman on treatments

What are some ways to tame frizzy hair?

The first thing to remember is that frizz is a combination of problems. Sometimes the more hair damage that you have, the frizzier your hair will be — and, of course, those with curlier hair typically end up with more frizz

So some of these things you can't change, but there are things you can do to reduce it. You can straighten your hair, you can flatiron it or use straightening treatments — but in the long-term, those things might damage the cuticle, which could make your hair more prone to frizz.

Conditioning it regularly is the safest and most effective thing that you could do. And be conscious of the types of products that you're using. Shampoos and conditioners with amino silicones and cationic surfactants are ideal for treating frizzy hair."

What are amino silicones and cationic surfactants?

Silicones, especially amino silicones, are the things that fill in the gaps of the cuticle. The silicones decrease the friction, meaning that the hair strands will be able to slide more easily through the comb and you're less likely to tangle it or snag it. Now the cationic surfactants fill in the cuticle, almost like a chemical patch, to restore the natural smoothness and quality in the hair.

So imagine if the cuticles are fish scales that lay on top of one another. As damage occurs, those scales kind of break away or peel up from the hair, resulting in frizz, but the cationic surfactants fill in those gaps and the amino silicones decrease the friction and make it easier to comb or brush.

What about keratin treatments?

"Keratin is a chemical and heat treatment that is used to straighten the hair. It breaks the sulfate bonds in the hair and essentially reforms them so that the hair is straight. It's considered almost like a semi-permanent treatment because, although every salon applies it differently, it's something that would need to be reapplied. So, it reduces frizz and allows the hair to dry a little bit better and gives you kind of wash-and-wear hair. But, it also comes with risks, because as that straightening wears off, you need it to be straightened again — and eventually the heat and chemicals can cause breakage.

Twitter

JEANNE SPACE
Jeanne Beker
life@metronews.ca

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Taking in a glorious view of an illuminated TO! Getting nostalgic for the '70s at the old "Aquarius 51"...

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Posh remover

Bourjois Magic Nail Polish Remover, $10

"Dip, turn and voila! Your nail enamel is history. At-home-mani devotees will love this potion with instant lacquer-eliminating power. Its gentle acetone- and paraben-free formula makes quick work of stubborn sparkles, too." Ashley Kowalewski, The Kit.ca

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Trends Report

- Summer is sandals season, but are you still looking for a shoe that really stands out? Go online to Trends Report to see a bold and fashionable twist on a gladiator sandal and get tips on how to style it.

Visit metronews.ca/voices/trends-report to find out more.

Follow Irene on Twitter at @MetroIreneK

ELLE 3

Stone-age decor keeps things cool

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Cool to the eye and cooling to the touch, marble and stone creates a timeless look for the home, whether on the floors, counters or as an accessory in a room. This decor is my new obsession, and not just for shower tiles or countertops.

Topping an antique table with marble instantly gives it new life, and adding marble accessories to a kitchen countertop serves up high-end style.

Sculptural stone vessel

Hand-cast from resin and cement with the character of weathered stone. Use to plant orchids or hold your favourite magazines. $129, restorationhardware.com

Blaine candle holders

A modern take on the sculptural hour glass. $22 to $30, crateandbarrel.com

Chateau kitchen island

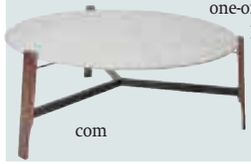
This piece is reminiscent of France's wine country; it's made of reclaimed pine in a silver grey finish and topped with sleek black granite. $1,299, urbanbarn.com

Carrara marble long board serving platter

Set your cheese and crackers wheeling down the table on a surfboard-shaped, custom-made platter, or display perfume bottles on a long vanity. $620, dididunphy.com

Free range coffee table

Mixed mediums of dark walnut, black metal and marble create an ultra-chic living room table that looks like a one-of-a-kind prototype. $839, urbanmode.com



Adelsten pestle and mortar

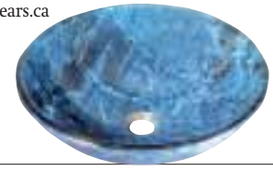
Perform old-fashioned culinary duties with modern style in the kitchen. It's the original pepper grinder. $15, ikea.com

Dumortierite Concetto countertop surface

Made from cut/bound semi precious stones for luxurious counter surfaces. Price upon request, caesarstone.ca

Bionic aqua marble vessel sink bowl

Add a dash of colour to the powder room with blue veined marble. $247, sears.ca



Etiquette

So I can't play the spoons with it?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Have you ever wondered when eating at an elegant restaurant, "What am I supposed to do with the strange flat spoon?"

Well the "flat spoon" is called an individual sauce spoon (cuillère à sauce) and is correctly set at the dinner table on the right side of the dinner plate, between the plate and the main course knife. So when did this strange spoon appear on our dinner tables?

Well the sauce spoon first appeared in the 1950s in Paris, France. The restaurant was called LASSERRE, and chef René Lasserre decided to help guests enjoy the delicious sauces without the need of using bread to "mop up the delicious liquid." So he invented this wonderful spoon.

The invention and custom of using a sauce spoon started with the fish course.

Today in many elegant and formal restaurants, I see this sauce spoon used either for the fish or meat course. So when you have finished eating the fish or meat and your plate is empty with just the sauce remaining, you take the sauce spoon and scoop up the remaining sauce on your plate.

This utensil should be used exactly like you would a soup spoon.

You probably already knew this, but the sauce spoon goes on the right side between the plate and main course knife. ISTOCK IMAGES

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Be a smooth(ie) operator

Chocolate, Cappuccino and Banana Smoothie

I'm a chocoholic and I have discovered that 1% chocolate milk (made with cocoa) is the best treat I can have either for breakfast or a snack. Adding chocolate milk to this smoothie satisfies your chocolate cravings and makes it taste like a chocolate milkshake, but without the calories and fat.

- 1 cup (250 ml) cold chocolate milk (1% or soy milk)
- 1 cup (250 ml) 2 % low-fat coffee flavoured yogurt
- 1 medium-sized ripe banana, sliced
- 2 tbsp (30 ml) honey
- 1 tbsp (15 ml) cocoa powder

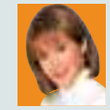
Combine the milk, yogurt, banana, honey and cocoa powder in a blender and purée. Serve immediately.

Strawberry, Banana and Orange Smoothie

If you're in a rush in the morning and need a quick breakfast, try a smoothie. The combination of protein and fruit keeps you satisfied longer. This is also a healthy snack to stave off hunger between meals. Experiment with different fruits, using whatever is in season. For extra protein, substitute low fat plain yogurt for the milk.

- 1 cup low-fat milk or soy milk
- 1 small ripe banana, sliced
- 1 cup frozen or fresh sliced strawberries
- 1/2 cup orange juice
- 2 tbsp honey
- 5 ice cubes

Place all the ingredients in a blender and purée. Serve immediately.



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For your phone

Filibaba Smoothies (iPad/iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

With a gathering of fruits, berries, veggies, and spices, you can mix up refreshing summer smoothies and milkshakes. These 23 recipes include built-in timers, healthy tips and sweeter, kid-friendly mixes.

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Joey B brings his A-game to Oakland

MLB. Blue Jays take series vs. A's in 10th as Cecil earns his first major-league save

R.A. Dickey still believes the Toronto Blue Jays can make something of this season, even sitting in last place in the difficult AL East. They won Wednesday despite four errors.

On a day the Jays brass kept the roster intact at the trade deadline, Jose Bautista hit a go-ahead double in the top of the 10th as Toronto defeated the Oakland Athletics 5-2 on Wednesday for a series win and their fifth victory in seven games after a seven-game skid.

"For us to only give up two runs on a day we had four errors is a real positive," Dickey said. "I don't think anybody really expected us to make a move in here. We have the team in here, at least the nucleus in here that's going to get it done one way or another."

Bautista lined a double to right against Jesse Chavez (2-3). Rookie catcher Stephen Vogt's second costly passed ball of the game allowed Jose Reyes to advance after a leadoff infield single, and Reyes scored on Bautista's hit.

Casey Janssen (4-0) pitched a 1-2-3 ninth for the win, while Brett Cecil finished for his first major-league save in two opportunities.

Colby Rasmus added a two-run single off Jerry Blevins for insurance in the 10th.

"It wasn't pretty. This is a brutal sun field," manager John Gibbons said.

A's starter Bartolo Colon and Dickey each settled for no-decisions, leaving after six innings apiece with the game tied at 2.

A's all-star closer Grant Balfour struck out the side in order in the ninth, but Chavez couldn't hold down the heart of Toronto's batting order.

THE ASSOCIATED PRESS

The Blue Jays' Jose Bautista hits an RBI double off Athletics pitcher Jesse Chavez during the 10th inning Wednesday in Oakland. ERIC RISBERG/THE ASSOCIATED PRESS

On Wednesday

Blue Jays	Athletics
5	2

PED investigation

"I served my suspension last year, but MLB has never told me that it's OK now."

Jays outfielder Melky Cabrera said Wednesday he hasn't been told by MLB whether he will face a ban for his ties to a Florida clinic accused of distributing performance-enhancing drugs. Cabrera served a 50-game suspension in 2012.

One-time Regina Pat Morgan used to changes in scenery

Given his past as a two-sport athlete, former Milwaukee Brewers outfielder Nyjer Morgan figured he would have no trouble adjusting to Japan's unique brand of baseball.

A slow start and demotion to the minor leagues may have shaken that confidence, but Morgan is now starting to make a major impact with the Yokohama DeNa BayStars of Japan's Central League.

The 33-year-old native of San Francisco is batting .303 with 31 RBIs and a career-high seven home runs in 67 games as the No. 3 hitter for the BayStars. His progress has been so steady, the team was able to send veteran Alex Ramirez to the minor-league team.

Emotions in check

"In hockey you've got to be more rowdy and emotional, but here you've got to calm it down and work a little more using your mind instead of going out there and using your physical talents."

Nyjer Morgan, currently playing with the DeNa BayStars in Japan's Central League

"It's all a learning process," Morgan said. "I didn't get mad because I failed in my first month here. In this game you are going to fail more than you succeed. You've just got to keep a good attitude about things and make the adjustments."

Going from the major leagues to Japan is one thing. Switching from ice hockey to baseball is something different all together, but that's what Morgan did earlier in his career.

"I was watching the Calgary Olympics and saw the great rivalries, the banging and the face washing with the gloves and said, 'Let's try it,'" Morgan said. "I told my old man, 'Let's go to sign-ups' and the next week I was on the ice."

In seven games with the Pats during the 1999-2000 season, Morgan scored two goals and recorded 20 penalty minutes.

THE CANADIAN PRESS

Nyjer Morgan, seen here with the Brewers last August, once played with the Regina Pats. He's now playing pro baseball in Japan. GETTY IMAGES FILE

CFL

Stamps' Mitchell gets offensive honour for Week 5

Quarterback Bo Levi Mitchell, who guided the Calgary Stampeders to victory in his debut as a CFL starter, was named the offensive player of the week Wednesday.

Mitchell was 29-of-33 passing for 376 yards and three TDs in a 37-24 win over the Winnipeg Blue Bombers. Mitchell also ran six times for 12 yards.

Montreal linebacker Kyries Hebert was named the top defensive player and teammate Sean Whyte was the top special-teams player.

Alouettes linebacker Shea Emry was named the top Canadian.

THE CANADIAN PRESS

CFL

Lions' Fabien finished for 2013

Kirby Fabien's promising CFL rookie season has come to a premature end.

B.C. coach Mike Benevides confirmed Wednesday the Lions guard will miss the rest of the season after suffering a devastating knee injury a night earlier in a loss to the Argonauts in Toronto.

"It's unfortunate, because he was having a great start to his career," said Benevides after the club returned to its Surrey, B.C., training facility. "It's unfortunate, but he's done for the year."

THE CANADIAN PRESS

MLB

Tigers' Cabrera sits again, hopes to play on Friday

Detroit Tigers slugger Miguel Cabrera was encouraged by his improved condition after missing another game with a strained lower abdomen.

"I feel better," Cabrera said after Detroit beat Washington 11-1 without him on Wednesday. "Hopefully, we can ... try to be 100 per cent Friday."

After a day off Thursday, the AL Central-leading Tigers will start a series at home against the White Sox.

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Horoscopes

♈ Aries
March 21 - April 20
Try not to be a control freak. Let others decide what you are going to do. It may be at odds with the way you usually go about things but it will be strangely liberating too.

♉ Taurus
April 21 - May 21
Drama will unfold over the next 24 hours, either in a personal relationship or at work. The important thing is that you don't react without thinking. Look at the situation rationally and do what must be done.

♊ Gemini
May 22 - June 21
You are full of good ideas but one idea in particular should be singled out and worked on immediately. Its success — and your fortune — depends on getting the timing right, and the time is now!

♋ Cancer
June 22 - July 23
You're in a good mood at the moment but those around you are a bit depressed, most likely because they have serious problems to deal with. What can you do to cheer them up? Just stay out of their way.

♌ Leo
July 24 - Aug. 23
You may be no-nonsense by nature but even a Leo can be fooled and the planets warn you need to be extra careful today. It's OK to dream but keep in touch with reality too.

♍ Virgo
Aug. 24 - Sept. 23
This may be a chaotic time but you seem to be enjoying the mayhem. Changes in your working environment are unsettling for sure but they are necessary too.

♎ Libra
Sept. 24 - Oct. 23
Success is important, but it's wrong to measure your life purely by how much you own or earn. The planets urge you not to get attached to material things for their own sake.

♏ Scorpio
Oct. 24 - Nov. 22
It seems you are in one of those moods when you are tempted to throw everything out and start again from scratch. The only danger is that with Pluto, your ruler, under pressure, you are likely to regret it later.

♐ Sagittarius
Nov. 23 - Dec. 21
You seem to be in an aggressive mood and today's Mars-Uranus link warns you could easily go too far and spark a feud that gets way out of hand. Relax.

♑ Capricorn
Dec. 22 - Jan. 20
Make an effort to look on the bright side today, because if you allow little things to get on top of you, your mood will head south fast. Remember too that you can't solve everyone's problems.

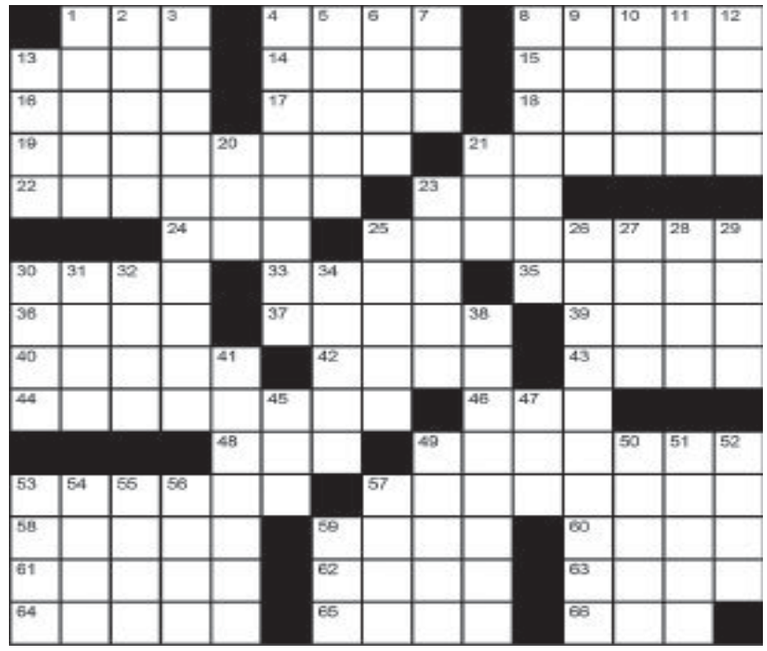
♒ Aquarius
Jan. 21 - Feb. 19
Look at what you have to do today as a challenge to be enjoyed rather than a chore to be endured. You'll be surprised at how much fun you have.

♓ Pisces
Feb. 20 - March 20
Do what you want to do today and don't waste time worrying what colleagues and loved ones might think about it. Far from being unpopular, you will find that most people respect you more for being your own boss. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

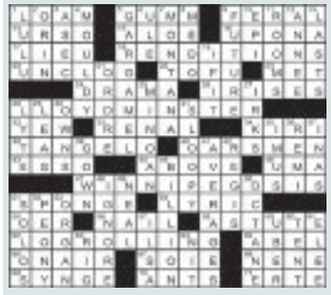
BY KELLY ANN BUCHANAN



Across
1. Bird beak
4. Grade
8. Canadian author Ms. Gallant
13. Shoe spot
14. Organic compound
15. Country legend Patsy
16. Ancient concert sites
17. Punk pop's Mr. Pop
18. Aqua-denizen, with Ray
19. Roman Empire's first Emperor
21. Adam Levine's band, __ 5
22. Beats
23. Car or truck, e.g.
24. Not nay
25. Health club class
30. Marsh matter
33. Goose eggs
35. Prefix to 'system' (Diet plan advertised on TV)
36. Years, in old Rome
37. Choreography components
39. Eminem tune
40. __ _ clock, don't wind it up
42. __ or neuter
43. Sunday song
44. Canadian singer/songwriter Ron
46. Needs-to-be-sewn site
48. Owl's sound
49. __ Beach (Resort village in Saskatchewan with a saltwater lake)
53. Jay-Z, then ...JAY Z, now ...what's missing?
57. Bryan Adams' 1984 hit album
58. More shipshape
59. 'Desserts' locale
60. Less than twice
61. Grad parties
62. Word linker-uppers
63. Crying component
64. Call (permanent) time on a relationship: 2 wds.
65. Do modelling
66. Gibraltar, e.g.

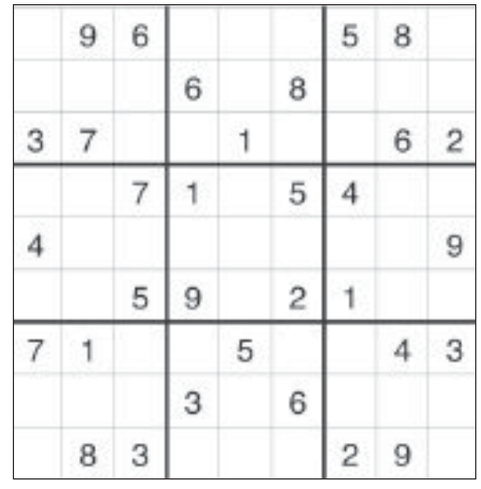
Down
1. "Obviously, Sherlock!": 2 wds.
2. Lyrical lament
3. How to do hair and makeup, plus skincare, too: 2 wds.
4. Canadian retailer of women's clothing
5. AC/DC lead guitarist Mr. Young
6. Clothing, informally
7. English cathedral city
8. __ Stadium (Calgary Stampeders' home field)
9. Banned orchard spray
10. Ristorante wine
11. "__ the Groove" by Madonna
12. Mr. Connery
13. Go parasailing
20. He's opposite
21. Sea: French
23. Big name in motor scooters
25. Hebrew alphabet's first letter
26. To-remote-locations fliers: 2 wds.
27. Small, __-bitty
28. Jam-in together
29. __ Fein (Irish republican party)
30. "No thanks." = "I'll __."
31. Duck, in Dusseldorf
32. Strong as __ __
34. "__ __ die for!"
38. City in New York State
41. Nova Scotia town
45. Lithium-__ battery
47. Fountain filler
49. Fixes
50. Principle
51. Felix's roommate
52. Easy to operate, __-friendly
53. Ballyhoo
54. Wool
55. Nudge
56. Prefix to 'sphere'
57. Gambler's destination
59. Road trip item

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

7	4	9	5	6	1	8	2	3
3	8	6	4	7	2	9	5	1
1	5	2	8	9	3	4	6	7
2	6	3	9	1	7	5	4	8
8	1	4	3	2	5	6	7	9
5	9	7	6	8	4	3	1	2
9	3	1	7	4	6	2	8	5
4	2	8	1	5	9	7	3	6
6	7	5	2	3	8	1	9	4

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